



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Tri-Attack

□□□: 1:24:26

□□: Tri-Attack

□□: 49

□□: 25.70 km

Volksdistanz Staffel (0,70-20,00-5,00)

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Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.70	18:14	26:02	15	6:32	15	6:32	0.70	18:14	26:02	15	6:32	15	6:32
Wechsel S -> R	-	2:06	-	8	0:34	8	0:34	0.70	20:20	29:02	15	7:06	15	7:06
Schwimmen □□□	0.70	20:20	29:02	15	7:06	15	7:06	0.70	20:20	29:02	15	7:06	15	7:06
Rad netto	20.00	42:00	2:06	12	10:23	12	10:23	20.70	1:02:20	3:00	14	17:29	14	17:29
Wechsel R -> L	-	1:43	-	13	0:32	13	0:32	20.70	1:04:03	3:05	14	18:01	14	18:01
Rad □□□	20.00	43:43	2:11	12	10:55	12	10:55	20.70	1:04:03	3:05	14	18:01	14	18:01
Lauf	5.00	20:23	4:04	7	3:06	7	3:06	25.70	1:24:26	3:17	8	21:07	8	21:07